



## Smart career awareness

Join the Knowledge Infrastructure Program at Conestoga College  
Page 2

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



## Men's rarely soccer

Conestoga are off a roll heading into the playoffs  
Page 10

WEDNESDAY, OCTOBER 18, 2006

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGA.CA/CA/SPOKE

41ST YEAR - NO. 20

## EVERYONE LOVES A PARADE



PHOTO BY GAIL JONES

The Royal History Society of Ontario lead marchers in the 14th (later first Thanksgiving) Day parade on Oct. 13, despite cool temperatures and chilly winds. The college, based in Kitchener, was founded in 1949. Courtesy of Kitchener Post. See Page 6 for more photos.

# Conestoga to receive funding for infrastructure

By GAILAN HALL/STAFF

Conestoga College will be receiving \$70 million in federal and provincial funding through the Knowledge Infrastructure Program and Ontario's 2006 budget.

The Knowledge Infrastructure Program is a five-year, \$2-billion financial support measure that supports infrastructure enhancement at Canadian post-secondary institutions.

The program, which is an initiative made in the 2004 Economic Action Plan, is providing financial resources and employment locally by creating jobs for engineers, architects, technologists and technicians.

"The Knowledge Infrastructure Program is a \$2-billion shared response by the government to the needs of colleges and universities," said Gary Goodwin, minister of state for science and technology. "This program will create jobs and drive a lasting legacy by creating world-class research facilities."

The project will include building the new Conestoga Cambridge campus, which will feature a 260,000-square-foot building that will house the School of Engineering and Information Technology and the Institute for Food Processing Technology.

At the Waterloo campus, a 110,000-square-foot facility will be built to house the Conestoga/University Industrial Building. Contractors Association Building South Thames Centre.

And, the Machine, Vibration and Air Conditioning Skills Training Centre will receive a 10,000-square-foot addition to the building at the main campus.

"The university and college facilities supported by the Knowledge Infrastructure Program encourage an increase of world-class researchers to work in Canada by providing world-class facilities and offering the most innovative tools which are required to make the discoveries that will bene-

fit Canadians and people around the world," Goodwin said. "This government's commitment will provide almost immediate economic stimulus to the short-term locally while significantly strengthening Canada's capacity for long-term growth and increasing innovation."

When work is completed, an extra 1,200 student places and 800 new jobs for apprentices will be created.

Conestoga is working in partnership with Alliance of Ontario Food Processors on the Institute for the Food Processing Technology in Cambridge as well as the Ontario Industrial Building Contractors Association for the Building South Thames Centre at the Waterloo campus.

Through the Knowledge Infrastructure Program and the Ontario 2006 budget, governments of Canada and Ontario are investing \$1.5 billion over 48 projects at Ontario's colleges and universities.

## College's culinary students mix it up at Oktoberfest

By FREDERICK CARTER

"Quality quality quality!" Chef Philippe Bismuth doesn't let his words over the loudspeakers as he supervises the parade float being made.

"Yes Chef!" the students respond as they finish the first year Conestoga College culinary diploma.

With a ceremony in the kitchen akin to Gordon Ramsay, and the showmanship of any Iron Chef, it should come as no surprise that Chef Philippe has been the main man behind the annual Oktoberfest Family Pancake Breakfast for the past 15 years.

"I would have to say that we sell probably more between 20,000 and 30,000 pancakes as well as 50,000 sausages this year," Chef Philippe said.

The sausages were specially made by Patrice Rousseau and Delwentesse Bismuth from a corn-corn recipe, just for the parade breakfast. Coffee and apple cider were provided by Baker Coffee Company and Wellbury Bread Apple Products.

During the breakfast, Chef Philippe was never in the same spot for long. He listed

between demanding perfection from his students, clearing it up with event staff, dancing to the live music and meeting extra patrons to the tent.

"The cold weather couldn't dampen the crowd, particularly by 10:30 AM, almost three years old. When asked if the pancakes were good for you, they gave a happy grin around a mouthful, and kept eating."

People were asked to bring a non-perishable food item to help support the Food Bank of Waterloo Region, or make a small monetary donation. Last year, just under 2,000 pounds of food and almost \$2,000 was donated. Local radio station, transmission from 1125, 107.7 FM, 90.1 CHYM FM and 100.1 News were on hand to help out, and talk to their fans.

After 36 years, the Oktoberfest Family Pancake Breakfast is still going strong, thanks to volunteers like Chef Philippe and Conestoga's culinary students.

"I would guess that we have cooked over a million pancakes to date," Chef Philippe proudly said, before heading off to check on his students once more.

See Page 7 for photos.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

**What do you do to put yourself to sleep  
if you are lying in bed, wide awake?**



"Probably do the same. It tries me out and it's easier to sleep when you're tired."

**Andrew Mayes,**  
first year  
LMSA

"I have a few things. I try to watch TV (I'm about to really make noise). A nice warm shower or a glass of hot milk helps to put me to sleep."

**Christine Fale,**  
first year  
social work/marketing



"Read a fiction book or sit on the toilet so that I can fall asleep."

**Jamie-Lee  
Wasson,**  
first year  
ICE

"I usually get up and have a cup of tea, maybe watch a little TV until I get tired."

**Angie Reid,**  
first year  
human services/socialwork



"I listen to music on the iPod. Not too loud (no) music, maybe carols or just a piano."

**Kelli Karswell,**  
first year  
nighttime/musical theatre

"I try and make a dream happen in my head. Create my own picture."

**Courtney  
Miles,**  
first year  
production/print



(Send questions you could answer next semester)

## Interesting Thingamabooob raises breast cancer awareness

By LISA GORDON

Thingamabooob, a word that it would never slip the top of your tongue as a strength looking adolescent taking you back to those days of hollering from their mud roomers based on your grandmother's pants leaving you puzzled. What could they be?

Although like nothing based on grandma's handkerchiefs, Thingamabooob will leave you deeply disenchanted, initially by its odd appearance and then by its brilliant purpose. You would never think that one has a secret to tell.

The item is an accepted part of an awareness campaign that opens your eyes to the importance of breast awareness and health as a way to make yourself, children or mother campaigns could even enhance.

The Thingamabooob created in 2005 by the Canadian Cancer Society, is a key chain made of four squares forming a breast representing breast tissue.

The smallest band about the size of an apple seed represents a lump found through regular mammograms. The next band is about the size of a pea, representing the average size of a lump found by the first mammogram.

The third is approximately the size of a grape and shows the average size of a lump found by a health care professional during a physical exam.

The largest band represents nearly the size of a cherry tomato's diameter. The size of a lump found upon self-examination. At the top of the middle chain is the Canadian Cancer Society's signature yellow daffodil.

The Thingamabooob comes in three plastic bag with a tag that says "This is your first key to breast health."

Talking about breast cancer may not be a topic that everyone finds comfortable discussing. First-time Vancouver International Cancer Society, the Canadian Cancer Society, of Waterloo Region.

"The Thingamabooob is a great tool because it can help you learn the size and get the conversation started with all of the special women in your life by usually showing them that regular mammograms can find the smallest lump and detect cancer the earliest, which means there is a better chance of treating the cancer successfully."

The first Breast Cancer Awareness Day, Bill Landy passed down with the

Canadian Cancer Society to the Thingamabooob tag, but making a chain of three light beaded rope rings.

"I was approached by an agency working on the Canadian Cancer Society's campaign to promote regular mammograms for women from age 40 to 69," Bill Landy said. "They wanted to know if I could create a little story line using the elements from the Breast Cancer Society using that could address some of the issues women have for getting mammograms. I jumped at the chance, not only because I thought it was an important message, but I felt my women friends and the women in my community would find the story line a perfect fit. I was very pleased to be able to contribute."

The Thingamabooob costs \$4 and can be purchased at the Canadian Cancer Society offices in Waterloo and Guelph or through online, Guelph or at Waterloo Fine Linens in Guelph and Kitchener.

The proceeds go to a number of breast cancer awareness programs across Canada, as well as provide people with support and information resources and promote healthy public policies and lifestyle.



PHOTO BY LISA GORDON

Working Breast Daylings, some bright idea is available for those who want to subtly support breast cancer awareness. Two dollars for every purchase in 2006 and in the year 2007 will be available at: Waterloo Fine Linens & Guelph in Guelph and Kitchener.

# Dance your way to a fitter you

By JENNIFER BERRY

Whether you're dancing your way across your room, taking the dance studio on the weekend or recently watching your significant other would swing you up and the the you across the floor, you're in luck.

Not only is dancing a fun way to spend your time it's also a great way to relieve stress and exercise.

"Anyone at any age can benefit from taking dancing classes," said Melissa Anagnostis, co-owner/coordinator at Impact Movement Studios.

"Having fun and enjoying yourself is key to leading a happy life. We want to help by offering fun dance and fitness classes."

Dancing is known to help people relieve stress and help

improve self-esteem by increasing a new skill.

"Not only will you feel great about yourself, but school might become just a little bit easier for you."

Dancing is a great way to help your co-ordination and endurance," said Heather Grant, a nurse at Dan's General Hospital. "I personally am in to people all the time."

Classes can also help you improve your balance and posture and help improve your energy by exercising, which is a key component to keeping your energy up.

"You can accomplish anything from learning strength training to building muscle," said Anagnostis.

Not only will dancing help you on the outside, but it can help you reduce your risk of coronary heart disease,

decrease your blood pressure, strengthen the bones of your legs and hips and help you manage your weight.

Fast-paced dancing with quick and frequent movement changes such as cardio, which is Latin cardio, can help you burn up to 500 calories a class. Here also, controlled movements in other dances help you build muscle.

"If you're looking to lose weight or tone yourself, dancing is the way to go," said Grant.

Impact Movement Studios offers classes for pole dancing, ballet, hip hop and contemporary classes.

The business is located at 160 King St. W. in Kitchener.

You can find their class schedule at [www.impactmovement.ca](http://www.impactmovement.ca).



PHOTO BY MICHAEL WOOD

The women's rapidly loaded team made the playoffs this year despite a 6-0 loss to Durham in the final regular season game.

## Fastball team makes playoffs

By MICHAEL WOOD

Despite a pre-season loss to Durham College, the women's varsity fastball team still made the playoffs, ending the year with a record of 11-9.

Durham's Summer Hill ended with a 3-00 batting average in 10 games, while pitcher Brynna Pound and pitcher Courtney Stuchlik led with the most hits with four each.

The final game of the season was on Oct. 9, and it was going quickly until the top of the sixth inning when two runs came out the Durham side. The last batted ball of the game was Tiffany Agarwal's diving catch in center field to record the second out.

The Durham team's ability to score runs last during the game, although they were

able to keep the Durham offense on check until the sixth inning. Coach Kevin Durham is 11-1, with only 10 strikeouts earned during the season, but was a positive.

The seventh inning wasn't much better than the sixth. The first Durham batter recorded a single to the outfield, and the next batter promptly sent a ground ball to the infield.

The Durham team was only able to get the batter out. The Durham runner on second then stole third base.

The Durham team, a double was sent to center field. This was followed by a single, which put runners on first and third, which set the stage for the final run after a single to right field.

Coach's could not get a comeback going, resulting in a final score of 1-0.



PHOTO BY JENNIFER BERRY

Dancers take part in one of the many classes at the Impact Movement Studios in Kitchener.

You are invited to  
**Femfest 2009**

Thursday, November 5  
6:30 to 10 p.m.

at the Schroeder Club in Kitchener

This fundraiser is a celebration of women. Come for an evening of free pampering and do some shopping in our silent auction. Check out [www.schroederclub.ca](http://www.schroederclub.ca) for ticket and event details.



## VOLUNTEERS NEEDED

Volunteer with a child at their school and help improve their self-esteem and confidence. 1-3 hours a week commitment.

Call  
Canadian Mental Health  
744-7845 x214

The Distress Centre needs volunteers to provide confidential, supportive listening to our Crisis & Distress lines. Complete training provided. Call 519-744-7848 x 300



## PARTICIPANTS NEEDED FOR MULTI-SITE STUDY ON POST-SECONDARY STUDENT'S EXPERIENCES WITH BEING RECRUITED FOR ACADEMIC RESEARCH

Participation involves completion of a 15-minute online survey on a 90000 website.

For more information, please contact Dr. Marlene Mummolo (519-748-5222 Ext. 3888) or

Visit the survey site

<http://www.schroederclub.ca/Studyings-post-secondary>

This study has been funded through the CCME Research Study program.



CONESTOGA  
STUDENTS ONLY

# **HALLOWEEN PUB NIGHT**

**THURSDAY  
OCT. 29TH**

**WHEN: 9:00 PM - 1:00 AM  
WHERE: SANCTUARY**

**\$2.<sup>00</sup> ADVANCE  
ONLY  
BUY TICKETS  
IN THE CSI  
SERVE SERVE  
AREA, ROOM 2A100**

**ALL AGES FOR  
CONESTOGA  
STUDENTS ONLY  
(SUBJECT TO CSI POLICY)**

Proof of Age of  
majority required

All CSI licensed  
events are subject  
to Smart Serve regulations.

Search before admittance and  
note entry policies in effect

No outside food or drink allowed.

# PARADING AROUND TOWN DURING OKTOBERFEST

PHOTOS BY ALEX COOKE



Lucas Pereira and his daughter Sophia are all smiles as the Oktoberfest Thanksgiving Day parade Oct. 12.



The sign on the floor at Pilsbury is the grand finale of the parade, which is the largest of its kind in Canada. Tens of thousands of people line the streets each year to take in the drums, bands and floats.



A craft tractor, with a man piloted in it, is also, is fully harnessed with five yellow ropes to draw a carriage.



A vintage fire truck travels along King Street, periodically conducting operations with its horn.

## OKTOBERFEST JAMMIN' AT RITCHER CITY HALL



Decorate the city, the Oktoberfest Festival officially opened with a bang as the 15th anniversary of the event at Ritcher City Hall. Oktoberfest attracts over 700,000 people from all over the world and runs from Oct. 15 to 27.

PHOTO BY ALEX COOKE

## FEELING A LITTLE BIT CRADDY



PHOTO BY LISA BROWN

Constance College made it really not have the time for a dog in the fall. A female who would make a good pet! Her mother says she is very energetic and low maintenance and she says it's a good idea. They don't mind a lot of space and are very social. However, they are not a real and social as you do need more than one.



## Pancake Breakfast



Top: Much chatter was heard in celebration for this year's Oktoberfest Pancake Breakfast.

Top right: Chef Philippe Bouché takes time out to introduce one of the vendors for the festival.

Left and right: Florence Cornuella's culinary students worked hard to provide over 20,000 pancakes and 40,000 sausages over the course of a couple of hours.

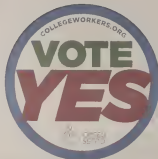
Bottom left: Twin City Alpine & Co. provided live entertainment for the breakfast.

Bottom right: Kids have a harder time getting up and dancing when at their sleepers.

PHOTOS BY  
FREDMAN CAMERON



# YOU HAVE THE POWER TO CHANGE YOUR LIFE AT WORK



## TO PART-TIME COLLEGE SUPPORT STAFF:

The Ontario Labour Relations Board has called a vote to finalise if part-time support staff at Ontario community colleges want to join the Ontario Public Service Employees Union. If you want a better life at work, there's only one thing to do: **VOTE YES!**

This vote is open to all **college support staff** who work **24 hours per week or less**. This includes students who work for a college under the Ontario Work Study Plan and other student aid programs.

Right now, your wages and working conditions are set by the college. You don't have any say in the matter.

By joining with your fellow college workers as part of OPSEU, you'll have a voice. You'll build your power together and start to deal with issues that matter to you:

- lower pay than full-timers doing the same work
- no complaint process if you are treated unfairly by your boss
- no right to return if you're getting a better job at the college
- no job security from semester to semester or from year to year

When you **VOTE YES** to OPSEU, you'll be voting to give yourself a strong professional voice in the workplace. OPSEU has over 40 years' experience representing full-timers in every college. OPSEU is fully democratic and accountable to you.

Take the next big step to a better life at work.

## VOTE YES!

**At Centennial College, vote on Oct. 20 at:**

**Oct. 20:** Room 3, Learning Resource Centre,  
299 Doon Valley Dr., Kitchener  
8:30 a.m. – 10:30 a.m.  
1:30 p.m. – 4:00 p.m.



**This vote is by secret ballot** and is supervised by the Labour Relations Board. Neither the union nor your employer will ever know how you voted.



**You do not pay union dues** until you and your co-workers approve a collective agreement.



ELIGIBLE VOTERS MUST VOTE AT ANY VOTE LOCATION OR  
ORDERED VOTE TIMES AND LOCATIONS MAY CHANGE.  
TO FIND OUT MORE, VISIT [WWW.COLLEGEWORKERS.ORG](http://WWW.COLLEGEWORKERS.ORG)  
BEFORE YOU VOTE OR CALL 1-866-881-1234



**OPSEU SEFFO** 3400 Hwy. 7  
Unit 10, Richmond Hill, ON L4B 1A1  
905.709.4444



# Enjoy Thai at the Mango Salad

By MICHELLE FORNER

From the tablecloth embroidered with little elephants to the large bowls of steaming fragrant rice, every thing at the Thai eatery was unique.

A small restaurant located at the heart of Hopedale, the Mango Salad was the perfect getaway.

The single sign on the side can do little to convey the true tone of the restaurant, however, the moment you walked inside everything changed.

There was genuine Thai decor throughout the restaurant, including a visible beam house plant purchased by the owners.

Similar to the standard appearance, the owners were as good as Thai. Although there were only two servers in the dining room and two chefs in the kitchen, they were well trained and worked together to ensure dinner on city time.

The meal was brought out as a short period of time, but even as there was not a single fault to be found in the dishes.

The constant care was evident and with an elegant flourish



PHOTO BY MICHELLE FORNER

The owners of the Mango Salad restaurant in Hopedale, who are also the chef's hand dishes of chicken spring roll and Thai. The restaurant specializes in Thai food.

and the chicken spring roll was prepared with the perfect blend of spices.

The kitchen features was the vibrant colors for dessert. A pastry well known to serve at East Asian countries, they were close to being authentic, except for the drizzle of honey.

For a relatively small

restaurant, the prices were reasonable and the prices affordable.

Appetizers were priced anywhere from \$3 to \$4.50 and the cost of an entrée was approximately \$10.

From dining to dessert, the restaurant offers a unique Thai experience. It is located at 100 Thomas St. in Hopedale.

# International students invited to Survivor Conestoga

By MICHELLE FORNER

Survivor is coming to Conestoga.

This annual event, which is being held Oct. 29, focuses on health and safety awareness for international students. Students will be set up throughout the blue room from 8 to 6 p.m.

Information on harassment, drugs, and alcohol, respect, health, sexuality, safety and nutrition will be provided at the stations.

Sharon Howard, a counsellor for the Conestoga Services at the college, said the information provided at this event will greatly benefit international students.

"The students will have how to survive and thrive."

Howard and many international students have experienced the college. The Survivor event will teach students how to be safe and how to have a positive experience in Canada.

Students will be placed into groups of about 15 and they will read each station together.

This program will give you a chance to learn about the culture and how to survive in Canada.

Aria Costa, manager of international education at the college, has taken the Survivor event under her wing this year.

We have to be aware of the international students on campus. We have to be sensitive.

— Aria Costa

She said that international students experience culture shock when they start school in a new community and country.

"We have to be aware of the international students on campus."

"We have to be sensitive."

International students at the event can also receive free groceries, no alcohol, tobacco and healthy snacks.

# MIN AM\* itouch

Do you study? Are you in business at Hopedale?

Now, you completed at least 2 semesters here at college?

\* Participate in our online study to your chance to win one of three iPod touch mini players!

Only 10 minutes and completely confidential.

Win the UCC website under "Student Services" to participate!

Other prizes include:

- 1 iPod touch mini player (UCC Credit card)
- 2 iPod touch mini players (UCC Credit card)

Not sure if you want to participate?

Visit Conestoga

Or Visit Hopedale

At heart of business and Hopedale at [www.conestoga.ca](http://www.conestoga.ca) or 1-800-361-2222



## HOROSCOPE

Week of Oct. 19, 2002



**Aries**  
March 21 -  
April 19

This week you will have a guest speaker in one of your classes. They will entertain almost everything your professor has taught you.



**Libra**  
September 23 -  
October 22

This week you will find a rockstar in your bedroom. This is not an owner of anything. This means you need to clean your room.



**Taurus**  
April 20 - May 20

You will be sick all week from something heavy you ate. Start making all your own food and invent to a quality set of cooking techniques.



**Scorpio**  
October 23 -  
November 21

This week someone will get near to your favorite bottle if you are reading this now go buy some new shoes and take it when it is not in use. Act before it is too late.



**Gemini**  
May 21 - June 21

A spending spree will hit you. A diamond is not a kind of diamond if you thought it was you might want to buy a diamond.



**Sagittarius**  
November 22 -  
December 21

This week you will get a notice of the home. Bruce Campbell would be a really beautiful. This is an awesome idea.



**Cancer**  
June 22 - July 22

You will realize that Jim Morrison was a drunken fool like who misinterpreted as a poet. However someone who are great at being drunken bullies can poets.



**Capricorn**  
December 22 -  
January 19

A puppy will hit you. Remember that puppy do not bite hard but their teeth are unbelievably sharp. Don't wear one still.



**Leo**  
July 23 - August 22

This week you will see a bad TV show called Guy's Anatomy. You will get a character named, which is using the network for making your time with each other.



**Aquarius**  
January 20 -  
February 18

You will spare yourself at some point this week when you start to be careful from now on. Some events are great, deal of loss and a lot more things.



**Virgo**  
August 23 -  
September 22

You will be out and a lot will get in the class. Students. You will find a man who has made trouble. Enjoy your new job in it.



**Pisces**  
February 19 -  
March 20

This week you will end up with a song by Barry Blackman. It is your best. Stop watching Beyoncé and Mötley.



Nick Danks is a second-year journalism student holding fire in the palm of his hand.

# Golf tournament raises \$20,000

## BY BIANCA BRUNER

More than \$20,000 was raised at this year's annual Alamo and Friends Open golf tournament which was hosted by Retired Coast golf club in Porterville.

The event has been going on for decades. College and successful businessmen came and this year was no different.

The proceeds are going to financial aid for students. This was the first time the event raised money for the event. The Alamo Trust Fund for Student Support is

matching each dollar \$1.1, meaning the event actually raised a total of about \$30,000.

"We know the year had a lot to do with the event supporting our students financially," said Wendy Ross, Alamo's secretary and annual golf officer. "We also had a lot more support from the local business community."

The event consisted of a round of golf and a dinner afterwards. There were also some contests and games to be won while on the course, including a \$10,000 hole in one contest sponsored by

SDGI. PM, Kallag's was an hour offering product testing between holes.

Charwell's the schools cafeteria food provider, had all four tables to the tournament at the Food Party.

The dinner was hosted by Coconino Alamo and Coconino AHS students. Jeff Hesterman and the dinner was attended by 100 people. It also featured a silent auction.

"Having Jeff there was really great for the event," said Ross. "He really enjoyed it and would be happy to do it again."

# Condors soar to 3-0 victory

## BY MICHA MARR

On a cold, windy and rainy day, the Condors took the field to the soccer pitch to cheer on the Condors. The struggle in the area were having some more flying, but the Condors easily took flight over London College on Oct. 4 with a 3-0 victory.

With the win, the team's record improved their record on which is now seven with a record of 4-0-5.

Condors dominated the game from beginning to end. Having the London team to make more mistakes and turn the ball over. The first of the first goal being scored by Shane Lowry at the 41-minute mark.

The game then became a physical affair. Both teams were not afraid to show their muscle and show each other as an attempt to get the ball.



Photo by Mike Brown/Staff Writer

The team's victory over London College Oct. 4.

Many times the goalies in London simply blocked the ball out of bounds or up field leading to the Condors.

The shot total throughout the game was heavily in favor of the Condors. They were much more organized and had far fewer turnovers.

With only a few minutes left in the game, Mike Young scored Coconino's third and final goal.

The team was played. Having the win day is a big to celebrate their victory over London College. The play will get under way this week.

## COUNSELLOR'S CORNER: Public Speaking Anxiety

Do you do any of the following?

Feel extreme anxiety when thinking about doing a presentation  
Find your palms sweat your legs shake or your heart beats wildly before, during or after a speech

Find your thoughts race and your mind blanks before or during a presentation

Control your program/commitments to be "late" from having to make a speech

Feel low morale or failure in a course by not doing a speech

Develop creative thoughts or stories (that feel real at the time) to avoid doing presentations

Let others in your group "carry" the presentation

Fear "making a fool of yourself" in front of teachers or peers

Believe everyone is truly often but see yourself as a "fool"

These are some signs you may be experiencing one of the most common anxieties public speaking anxiety. It can be overcome using a planned approach involving: 1) recognizing and addressing negative thoughts, 2) individual and positive mental rehearsal, 3) practice, and 4) practicing in low-risk situations and then in situations with graduated levels of risk.

If you answer "yes" you will be, or your potential to perform as an employee are affected it is time to do something about it. Remember, avoidance actually worsens anxiety!

The following resources are available to you at the college:

Inquire about a Public Speaking Anxiety group in Counseling Services

Read the Anxiety and Public Speaking Source (available at the LPC on the shelf and on reserve). This approach would be supplemented with practice in front of friends, family or classmates

Make an appointment with a counselor in Counseling Services

A Message from Counseling Services 14100

# Summer internship was student's dream come true

By AMBERLE BROWNE

(Guest) Bouch has long dreams and hopes to have an impact on the world.

"My whole goal in this world is to impact or create my mark in a positive manner," she said.

On Oct. 20 at a second-year broadcast journalism workshop at Concordia College, from Ottawa, she arrived at Concordia as a sound-dog on the first attended University of Ontario to study history and English, and attended a short session for a career line and touring the Metro Toronto and Egypt, a place she had always dreamed of visiting.

Bouch says travelling helped her learn more about herself and discover the direction she wanted her life to take.

"I wanted to share my vision, my knowledge my vision," she said.

In her last year at Concordia, Bouch particularly enjoyed her programing done on taught by Larry Connors. He got a very clear impression of Bouch's goals from the time she came.

"From about week one she was so much more interested in looking very student," Connors said.

Bouch has always been a student volunteer, and now fully committed her efforts.

"I find like fashion is an art form," she said. "It represents who you are."

Both broadcasting and print journalism students are required to complete an 18-hour work placement before their graduate. Bouch applied to many well-known television stations like MacMillan and the W Network but actually found an internship while trying to land an interview with the Journal (Ottawa), the host of Fashion Television, for an article she was writing for Connors' class.

Bouch eventually spoke with Jay Levine, the director of the Fashion Television channel. Levine was very impressed with her drive, vision and dreams and he called her back later to schedule an interview. Bouch went to Toronto and Levine offered her an internship for the summer from May to the end of August.

Bouch lived in Toronto for the summer and visited a friend's apartment which was a short walk to the "CTV" building where Fashion Television is located. This building also houses other TV stations



From a second-year broadcast journalism workshop at Concordia College, from Ottawa, she arrived at Concordia as a sound-dog on the first attended University of Ontario to study history and English, and attended a short session for a career line and touring the Metro Toronto and Egypt, a place she had always dreamed of visiting.

such as CTV and MacMillan, where Bouch also made connections.

There were two other interns besides Bouch, and she got the opportunity to attend Fashion shows, conduct interviews, produce, write scripts, research and attend parties. Bouch also covered the MacMillan Video Awards and met celebrities such as the Jonas Brothers, Glee's cast and Lady Gaga.

Even when Bouch experienced exhaustion, she didn't get nervous. Interested in human topics too.

"I try to keep that professional at all times," she said. "I deserve to be doing what I'm doing." "It's really about listening to what they have to say...let your personality show and that's where the fun begins."

All of the major internships were done by before the last of Fashion Television, but Bouch got to observe and see how everything works. The last week Bouch did herself work for her online blog, where she could post her writings, and had audio and video.

Although the internship wasn't paid, Bouch said that the experience was definitely worth it.

"You just work with the best minds and contacts you make," she said.

As the end of the summer, Bouch's contacts at Fashion Television encouraged her to keep in touch and she is also covering Toronto Fashion Week for them from Oct. 15 to 20. She also anticipates that a program she may be involved in for when she graduates from Concordia.

For students who don't know what they want to do with their lives, Bouch suggests that they get out into the world to learn a little themselves.

"You need to know, you need to see the world," she said. "If you don't know yourself, how do you know what you'll be good at?"



## ON-CAMPUS CHIROPRACTOR

Covered by CSI Health Plan

### HEALTH SERVICES

748-5220 Ext. 3679

## Problems with Drugs, Alcohol Problem Gambling or Mental Health?

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It's easy to start a web chat  
just visit [www.connexontario.ca](http://www.connexontario.ca)  
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A professional will provide you with  
current information about the  
programs and services available  
in your area.



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# REGATTA

CONESTOGA  
STUDENTS INC.

## SINK OR FLOAT BOAT BUILDING CONTEST

**OCT. 8 - OCT. 26** BUILD A BOAT OF CARDBOARD AND DUCT TAPE. 2 PEOPLE PER TEAM  
VISIT THE CSI OFFICE FOR MATERIALS AND TEMPLATES IF NEEDED

**TUESDAY OCT. 27** DISPLAY YOUR BOAT IN THE SANCTUARY AT NOON

**WEDNESDAY OCT. 28 AT NOON SINK OR FLOAT CONTEST**  
BOATS ARE LAUNCHED AT THE BACK POND. THE BOAT THAT FLOATS THE LONGEST  
**WINS A TRIP FOR 2 TO DAYTONA BEACH.**



SIGN UP IN THE CSI OFFICE, ROOM 2A108  
FOR RULES/REGULATIONS VISIT THE CSI OFFICE, IN ROOM 2A108